



Eno Memorial Hall
754 Hopmeadow Street
P.O. Box 495
Simsbury, CT 06070

simsbury-ct.gov

Senior Center Phone:
(860) 658-3273
Social Services Office Phone:
(860) 658-3283
Fax: (860) 408-7046

Hours
Monday: 8:30 am to 7:00 pm
Tuesday to Thursday:
8:30 am to 4:30 pm
Friday: 8:30 am to 1:00 pm

AARP Tax Aide

Trained and certified volunteers will prepare and electronically file both federal and state tax returns free of charge. Please bring last year's tax return, W-2, form 1099, Social Security forms, and any other income records.

Taxes will be prepared at The Simsbury Library, 725 Hopmeadow Street, First Floor, Program Room #2.

Appointments are available on Thursdays, February 4 through April 7, Between the hours of 9:30 AM and 3:00 PM.

Call the Simsbury Senior Center at 860 658-3273 to make your appointment.

As we head into the winter weather season, here is a reminder of the Senior Center Inclement Weather Policy

If Simsbury schools are cancelled, all day and evening classes and programs are cancelled at The Senior Center. If there is a school delay, classes and programs will run on their regular schedule unless we contact you. Every effort will be made to make up classes or programs cancelled due to weather conditions. If Simsbury Schools are not in session, tune to WFSB, WTNH, NBC30 or check their websites.

The Simsbury Senior Center's mission is to provide a community focal point where older adults come together for programs that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and their community. We welcome all members of the diverse and growing older adult population (age 50 and over) their families and friends.

Kathleen Marschall,
Senior Center Coordinator

Elizabeth Sagan,
Senior Center Assistant

Mickey Lecours-Beck,
Director of Social Services

Charlotte Barth,
Social Services Aide

Carolyn Krystiniak,
Elderly Outreach Coordinator

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Stay Fit! Be Well!

All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant have a complete physical examination before participating in any physical activity.

Exercise for

Parkinson's Disease

Instructor: *Mary Root*

Exercise is proven to slow the progression of Parkinson's disease and improve balance and strength.

Monday - 2:15pm - 3:15pm

1/11-2/22 - 5 classes \$12.50

(No Class 1/18 & 2/15)

\$4.00/drop-in fee

Tai Chi

Gentle and beneficial for gaining flexibility & improving balance.

Instructor: Ken Zaborowski

Intermediate 10:15-11:00 am

Beginner 11:05-11:50 am

Tuesday & Friday 1/8 - 2/23

14 classes \$63.00

6.00/drop-in fee



Yoga

Mixed-level, traditional style yoga class.

Instructor: Susan Rubenstein

10:30am-11:30 am

Monday 1/4 - 3/14 8 classes

(No Class 1/18, 2/15, 2/22) **\$52.00**

Wednesday 1/6 - 3/16 9 classes

(No Class 1/27, 2/24) **\$58.50**

\$8.00/drop-in fee

Cardio Blast Exercise

Traditional aerobics to music you love!

Instructors:

Monday & Friday Mary Root

Wednesday Marie Buman

12:00-1:00 pm (Mon. and Wed.)

11:50-12:50 pm (Fri.)

Monday 1/11-2/22 - 5 classes

\$12.50 (No Class 1/18 & 2/15)

Wednesday 1/6-2/10

5 classes \$12.50 (No Class 2/3)

Friday - 1/15-2/26 - 7 classes \$17.50

\$4.00/drop-in fee

Perfect Fit Exercise

Low impact aerobics, strength training & Pilates.

Instructor: Susan Rubenstein

9:15am-10:15am

Monday

1/4 - 3/14 8 classes

(No Class 1/18, 2/15, 2/22) **\$32.00**

Wednesday

1/6 - 3/16 9 classes

(No Class 1/27, 2/24) **\$36.00**

\$5.50/drop-in fee

Stretch & Tone

Make your daily activities easier with total body conditioning. Includes cardio movement in between stretching & muscle toning with hand-held weights, small balls and tubing.

Instructor: Marie Burman

9:00-9:45am

Tuesdays 1/5-2/9 - 5 classes \$10.00

(No Class 2/2) **\$4.00/drop-in fee**

Balanced Bodies Exercise

Focuses on balance and stability.

Instructors:

Monday Mary Root

Wednesday Marie Burman

1:00-2:00 pm

Monday 1/11-2/22 - 5 classes

\$12.50 (No Class 1/18 & 2/15)

Wednesday 1/6-2/17

5 classes \$12.50 (No Class 2/3)

4.00/drop-in fee



Interval Training

Alternates between aerobic exercise with strength training using kettle bells, resistance bands, Tabata training and more!

Instructor: Mary Root

9:00-9:45am

Thursday 1/14-2/25 - 7 classes

\$21.00

\$4.00/drop-in

"Perfect Strength in 60"

2 Sessions - AM & PM

This class will offer a combination of strength training, core work, balance, and a complete stretch!

Instructor: Susan Rubenstein

Tuesday 5:00 - 6:00pm

1/12 - 3/15 9 classes

(No Class 2/23) **\$58.50**

\$8.00/drop-in fee

Friday 9:00-10:00am

1/15 - 3/11 7 classes

(no class 2/19, 2/26) **\$28.00**

\$5.50/drop-in fee

♦ *Call the Senior Center at (860) 658-3273 for information about any of these activities!* ♦

Cardio Plus Exercise

Stay fit with a class designed to give you a cardio burst, strength training and core work.

Instructor: Susan Rubenstein

Thursday - 5:00pm-6:00pm - 1/14 - 3/17

8 classes - \$52.00 (No Class 2/4, 2/25)

\$8.00 /drop-in fee

Hearing Clinic



Connecticut Hearing Center will be at the Senior Center to clean and service any brand of hearing aid and perform general screenings. All services are FREE of charge.

Tuesday, January 26 & February 23

Make your appointment through the Senior Center.
(Appointments start at 10:00am)

Senior Center Fitness Room

Available for you to use

Mondays from 8:30 am until 6:30 pm,
Tuesday through Thursday 8:30 am until 4:00 pm
and **Fridays** 8:30 am until 12:30 pm.

Membership Fees: \$50/year or \$6.00/month.

A note from your physician and an orientation from our personal trainer are required.

Equipment available:

NuStep reclining steppers, treadmills, stair stepper, stationary bicycle and free weights.

Vision Support Group

A monthly support group for individuals affected by all stages of vision loss. This group will address assistive technologies and strategies for managing daily activities and will offer an opportunity to share experiences, information and encouragement.

Friday, January 8 and February 12

10:00am to 11:00am

Free, sign up by the Wednesday before.

Foot Care Clinics

Half hour appointments are available twice a month at the Senior Center. Nurses will trim and file nails, sand calluses and corns, and give a foot massage.

January 5, January 26

February 2, February 23

Appointments start at 8:30am

Cost: \$29 cash or check (made payable to PediCare) the day of your appointment.

Schedule appointments through the Senior Center.

Massage

Make your appointment for a 15-minute massage!

1st and 3rd Wednesdays: 1/6, 1/20, 2/3, 2/17

Appointments start at 10 am.

Cost: \$10.00

Meditation

Calm stress and improve your overall well-being!

Instructor: Debra Mullins

Thursdays 11:15 am-12:00 pm

1/7 - 2/25 (8 classes)

\$24.00 \$4.50/drop-in fee



Blood Pressure Screening

Sponsored by the Farmington Valley VNA

No appointment necessary - in the

Every Wednesday 11:45 am-2:00pm

Bereavement Group

A group to offer support for those grieving the loss of a loved one. Facilitated by counselors from the Farmington Valley VNA. This group will be held at The Residence at Brookside, 117 Simsbury Road, Avon, CT.

1st and 3rd Mondays of every month

2:30pm to 3:30pm

Clubs, Classes, and Games!



♦ Call the Senior Center at (860) 658-3273 for information about any of these activities! ♦

Wii Bowling

Everyone is welcome, no experience needed.

Thursdays: 10:00am-12:00pm



Painting Club

Get together with other painting enthusiasts in a relaxed and welcoming environment. Please bring your own materials.

Mondays 12:00 –3:00 pm, drop-in FREE!

Scrabble

Tuesdays: 1:00-4:00 pm, drop-in FREE!

Canasta Tuesdays 1:00 pm, drop-in FREE!

Cribbage Tuesdays 1:00-3:00 pm FREE!



Knit & Crochet Group

Informal get-together to chat and enjoy one another's company while sharing this craft.

Mondays: 10:00 am-12:00 pm, drop-in FREE!

Setback

Fridays: 10:00 am-12:00 pm, drop-in FREE!

Bridge Mondays 12:00-3:00 pm \$1.00 (at the door)

Duplicate Bridge

To register, or for more information, contact Don Steele: (860) 651-9663 or don2steele3544@gmail.com or call the Senior Center.

Fridays 9:30 am-12:30 pm Cost: \$1.00

Intonations

This choral group enjoys singing together with performances at local venues.

Wednesdays 10:00 am to 12:00 pm

January 13th - March 23rd 10 classes \$25.00
(No Class 3/16)

Investment Club

This group enjoys researching and buying stocks.

Jan 20th & Feb 17th - 2:00-4:00 pm FREE, drop in

Book Club

Wednesday, January 27 @ 2:00pm - 4:00pm

"Destiny of the Republic" (NF) by Candice Millard

Wednesday, February 24 @ 2:00pm - 4:00pm

"Half Broke Horses" (F) by Jennette Walls

Please sign up in advance. FREE!

Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis.

Mondays and Thursdays

11:30am to 2:00pm

at The Farmington Valley YMCA, 97 Salmon Brook St, Granby, CT (Gymnasium)

Cost: \$3.00 per day

Please sign in at Member Services

Ceramics

Tuesdays: 1/5 -2/16 - 7 classes

10:00 am-2:30 pm \$17.50 \$4.00/drop-in

Painting Class

Bring your favorite medium: watercolor, pastels, acrylics, and the appropriate painting surface.

Instructor: Deborah Leonard

Thursdays: 10am to 12:00pm

1/7 - 2/25 (8 classes) \$36.00

\$6.00/drop-in fee

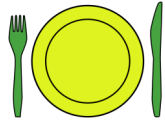


If anyone is interested in a chess club or chess lessons, please contact the Senior Center Office.



Food and Fun!

Monday Suppers! Join us for supper at the Senior Center @ 5:00 pm



January 4 - Lasagna, Meatballs and Salad

February 1 - Meatloaf and Mashed Potatoes

Dessert & Beverage included!

Cost: \$4.00

Please register for these meals no later than the prior Thursday!

Valentine's Day Chocolate Tasting and Movie



Sample a variety of chocolates and then enjoy the romantic drama "The Notebook." The film stars Ryan Gosling and Rachel McAdams as a young couple who fall in love in the 1940s. Their story is narrated from the present day by an older man portrayed by James Garner telling the tale to a fellow nursing home resident played by Gena Rowlands, Rated PG-13. 123 minutes.

Friday, February 12

12:30 - Chocolate tasting 1:00 - Movie
 Simsbury Public Library Program Room-
 Free, sign up through the Senior Center
 office by February 10.

*This event is sponsored by The Simsbury Senior Center
 and The Simsbury Public Library*

Senior Citizen Night at Simsbury High School

Enjoy a light dinner followed by The Simsbury High School boys' basketball game against Bloomfield High School.

Tuesday, January 26

5:30- Dinner

7:00-Game

Free, sign up by January 22.

Lunch and Learn "Ask the Nurse"

Peggy Yush, Director of Nursing from Governor's House will be here at The Senior Center to answer your questions.

Thursday, January 14

12:00 to 1:30 pm

Free, sign up by January 8.

Lunch will be provided by Governor's House.

VIP Pass

The VIP Pass Program is a partnership with Simsbury Public Schools that will allow residents age 65 and older to attend a wide variety of school functions such as sporting events, art exhibits, concerts and theater productions free of charge.

You may obtain a VIP Pass application at the Senior Center or by downloading an application

Coloring Club



*Express your creativity with coloring
 books made specifically for adults..*

Adult coloring sessions are sprouting up all over the country in libraries, recreation-centers and amongst friends in their homes. It allows for creative expression and can even relieve stress.

While mindful or adult coloring is reminiscent of childhood coloring with crayons or colored pencils the subject matter more sophisticated with designs ranging from cityscapes and gardens to flowers, wildlife and more.

All Supplies will be provided or you are welcome to bring your own.

Thursdays, beginning January 7

1:30 to 2:30pm

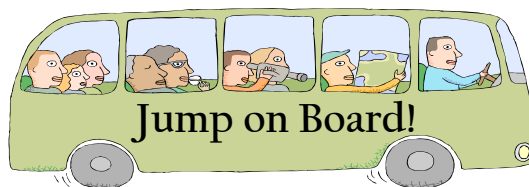
Free, sign up by the Tuesday before.



Trips

♦ Trips depart from the Iron Horse Parking Lot, behind Bank of America drive-thru, off Wilcox St.

Registration for trips begins on December 22



♦ All return times are approximate.
♦ Dial-a-Ride passes are necessary to go on Jump on Board Trips!

Monday January 4 ~ Buckland Hills Mall/Christmas Tree Shop (Departure and return times to be determined)

Monday, January 25 - Westfarms Mall (Departure and return times to be determined)

Monday, February 8 - Super WalMart, East Windsor (Departure and return times to be determined)

Monday, February 22 - Tour of Simsbury Public Works Facility, 10:00am tour.
(Departure and return times to be determined)

Monday, February 29 - The USS Chowder Pot IV Restaurant, Hartford
(Depart 11:00am, return to Simsbury 1:30pm) Lunch on your own.

The Farmington Valley Travelers

For more information on any of these trips, contact Jackie Maselek, Trip Coordinator at (860) 805-5511. Travel flyers are available at the Senior Center with pricing and details.



2016 Trip Preview

Maple Sugar Madness - Deerfield, MA

April 12, 2016

Guided tour of Maple Syrup process, explore Kringle Candle, lunch at historic Deer Field Inn.

Springtime in Vermont

May 17-19, 2016

Stay at Lake Morey Resort for 2 nights

Plymouth, MA

June 7, 2016

Harbor Tour on the Pilgrim Bell; authentic paddlewheel, lunch at Isaac's

Canadian/New England Cruise

July 15 –23, 2016

9 day & 8 nights

Newport Playhouse

July 25, 2016

Showing Unnecessary Force & Cabaret show followed by a great lobster feast menu

Bethlehem and Lancaster, PA

August 8-10, 2016

Saints & Sinners Tour; Saints: see Samson, at Sights and sounds, Sinners: at Sands Casino Resort



Lunch Menu

Lunch @ Eno — Wednesdays

Lunch is served at 12:00 noon. Please make your payment at the time of your reservation. Remember to sign up for lunch the Friday before, by noon!

All meals include bread/rolls, hot & cold beverages, and dessert!

Simsbury residents age 50 and over: \$3.00 - Non residents, and Simsbury residents under age 50: \$4.00



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|--|-------------|
| BBQ Beef Brisket, Boiled Red Potatoes, Carrots, Strawberry Shortcake..... | January 6 |
| Chicken Parmesan with Pasta, Spinach, Peach Crisp..... | January 13 |
| Baked Meatloaf, Mashed Potatoes, Zucchini, Cookie Bar..... | January 20 |
| Turkey Cutlet in Mushroom Cream Sauce, Roasted Potatoes, Broccoli, Apple Cake..... | January 27 |
| Vegetable and Cheese Lasagna, Tossed Salad, Brownie | February 3 |
| BBQ Beef Brisket, Boiled Red Potatoes, Carrots, Strawberry Shortcake..... | February 10 |
| Chicken Parmesan with Pasta, Spinach, Peach Crisp..... | February 17 |
| Baked Meatloaf, Mashed Potatoes, Zucchini, Cookie Bar..... | February 24 |

Line Dance For Fun



Line Dance is fun, great exercise and a wonderful group activity. It's no wonder it's become a popular form of dance.

No experience or partner is necessary for this three class session, introducing you to a variety of popular dances. Kick your heels up and join us.

Leather soles shoes or boots are highly recommended.

Tuesdays

February 16, March 8 and March 29

1:00pm to 2:30pm

Eno Memorial Hall Auditorium

Free, sign up through the Senior Center.

This program is sponsored by The Simsbury Senior Center and The Simsbury Public Library.

Program Committee Meeting

Join us for this informational meeting to discuss upcoming programs, trips, classes and events. Everyone is welcome,

Tuesday, January 5

10:00 AM to 11:00 AM

Beginner Bridge Lessons

These lessons are designed for new players or those who haven't played in many years.

Mondays 9:30am to 11:00am

January 4 to March 7 - 8 classes

(no class January 18 and February 22)

Cost: \$40.00, sign up by January 4



Lifelong Learning



TED Talks at The Senior Center

Video presentations followed by a facilitated discussion with
Sandee Fleet from The Farmington Valley VNA.

TED (Technology, Education and Design) is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics in more than 100 languages.

Monday, January 11, 2:00pm to 3:00pm **Diana Nyad - Never, Ever Give Up**

In the pitch-black night, stung by jellyfish, choking on salt water, singing to herself, hallucinating ... Diana Nyad just kept on swimming. And that's how she finally achieved her lifetime goal as an athlete: an extreme 100-mile swim from Cuba to Florida — at age 64. Hear her story.

Monday, February 8, 2:00pm to 3:00pm **Jane Fonda - Life's Third Act**

Within this generation, an extra 30 years have been added to our life expectancy — and these years aren't just a footnote. Jane Fonda asks how we can re-imagine this new phase of our lives.

Free, sign up by the Thursday before.

Dinner and Bingo

Come and enjoy an evening with friends at the Senior Center. We'll be serving pizza, salad and dessert. Great prizes!!

Monday, January 11

4:30 pm to 6:30 pm

Cost: \$4.00, sign up by January 8

and

Monday, February 22

4:30 pm to 6:30pm

Cost: \$4.00, sign up by February 19



**The Senior Center has a
Lending Library?**

Stop by to see our wide assortment of books, including large print for our members to borrow!

Taking You From Chaos to Order with Professional Organizer Regina Sanchez

Are you overwhelmed by clutter? Are you tired of piles of papers? Is your home office overflowing to your kitchen table? Are you frustrated from living in chaos?

If you answered yes to any of these questions, this seminar is for you. Regina will offer assistance and ideas for clearing the clutter for maximum comfort and efficiency.

Tuesday, January 26

1:30 to 2:30pm

Simsbury Library Program Room

**Free, sign up through the Senior Center by
January 22.**

*This event is sponsored by The Simsbury Senior Center and
The Simsbury Public Library*

The Senior Center will be closed on the following dates:

Friday, January 1st in observance of New Year's Day; Monday, January 15th in observance of Martin Luther King Jr. Day; and Monday, February, 15th in observance of President's Day.

Casino Trips ... Notable notes

Mohegan Sun Casino

Monday, February 8

Bus will depart at 8:30am, and return to Simsbury approximately 5:00pm.

Cost: Advanced registration-\$23.00, Same day registration-\$30.00.

Includes round trip motor coach transportation, a \$15.00 voucher for food, and a \$20.00 bet.

Important information for Casino Trip participants:

- ♦ Bonuses are determined by the casino and as such are subject to change without notice.
- ♦ Participants must complete and carry an emergency medical card. (Cards are available from the trip leader)
- ♦ Unfortunately, we cannot offer refunds.
- ♦ Advanced registration must be made at least one (1) business day before the trip.

Notable Notes!

Aging & Disability Commission Meetings are held the 3rd Tuesday of the month at 7:00 pm in Eno Memorial Hall, Youth Room. Everyone is welcome! Meeting Dates: January 19 and February 16

Handicapped Parking Applications ... are available at the Senior Center office.

CHOICES (Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening). A counselor will be available to provide the information & assistance necessary for you to make informed choices about health insurance concerns. Appointments available on Tuesdays, Jan 5th, Jan 19th, Feb 2nd, Feb 16th

Copy Machine Staff in the Senior Center can make copies of medical, legal or financial documents at no charge.

Movies at the Library The Simsbury Public Library will be showing movies every Friday at 1:00 pm in the Program Room. Monthly movie schedules are available in the Senior Center Office.

Senior Center Lending Library The Senior Center has a wide assortment of books, (including large print) for our members to borrow!

Postage Stamps For your convenience, the Senior Center offers single stamps for sale.

Privacy Policy The Senior Center does not give out Personal Information on any of its members, staff, or instructors. We thank you for understanding.



The Senior Center staff would like to wish you a New Year filled with peace, joy, health and happiness.







Simsbury Senior Center
P.O. 495
Simsbury, CT 06070

PRESORTED STANDARD
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The Simsbury Senior Center strives to be a welcoming center that acknowledges and respects the diversity of our members and guests - a diversity which includes differences in sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

The next Newsletter will be available for pick-up on February 16 PLEASE HELP US SAVE ON POSTAGE by letting us know that you will pick yours up!

Senior Center Cancellation Policy

TRIPS: There will be no refunds or credits on trips once a payment has been received unless a replacement can be found.

LUNCH@ENO: Requests for credit should be made by the Friday before, by 12:00 noon.

ALL OTHER PROGRAMS/CLASSES:
Requests for credit should be made 7 days prior to the start date or event date.

LGBT Moveable Senior Center at The Simsbury Senior Center

Lesbian, Gay, Bisexual and Transgender older adults and allies are invited and encouraged to participate in the LGBT Moveable Senior Center - a partnership among five senior centers in the Greater Hartford area to connect the LGBT community to each other and to services and support for healthy aging. A variety of activities will be offered throughout the afternoon and evening including dinner.

Thursday, January 21

3:00pm to 8:00pm

Free, sign up by January 14